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NEWS

Winchester treatment center offers ‘Insight’ into helping clients reach sobriety

NELL ESCOBAR COAKLEY | STAFF WRITER

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Insight Recovery Treatment Center owners Jon Baer, left, Rich Trainor and Steven Kent say they are in the business of helping people with their journey to sobriety. WINCHESTER NEWS STAFF PHOTO/NELL ESCOBAR COAKLEY

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They say every journey begins with a single step — and the staff a
Recovery Treatment Center in Winchester want to not only help you take

that first step, but be there throughout the entire journey.

Owners Steven Kent, Jon Baer and Rich Trainor opened the center's doors at 7 McKay Ave. in August with the intention of providing care and support to people working through the challenges of addiction.

"We were working on opening for a year prior to when we did," Kent said, of the business. "We got our license and were established in Winchester by August. We've all been in recovery ourselves and we've been working in the addiction field because we're very passionate about helping people."

Kent said it's important to raise awareness of available treatment options in the area. He said the center has been partnering with coalitions in Winchester, Woburn, Medford, Arlington and Stoneham to provide information and services for those in need.

"We wanted to be local," Kent said, of the reason the trio opened in Winchester. "There weren't a lot of treatment centers in this area. I grew up in this area and saw a lot of people have trouble in their lives. That's why I wanted to be in the area."

Kent said the group looked in different communities for a location, but some weren't welcoming to their type of business.

"Winchester was very welcoming," Kent said. "The town, the Fire Department, the Police Department...they were all very receptive."

He added in the four months since its opening, the center has seen a fair number of clients come through.

The program

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Trainor, who is the center’s clinical director, said clients who come in are assessed and assigned either intensive outpatient therapy or day treatment. Clients are also assigned a therapist to work one-on-one with as well as attend group therapy sessions.

The two-to-three-month program is then reviewed every 30 days and adjusted as clients progress. Appropriate services and community resources are also recommended.

Trainor added clients can also meet with a psychiatric nurse practitioner, if they need medication.

He said one of the future goals is to add a family therapy component or support group.

Have a story idea? Email editor@WinchesterNews.org.

Raising awareness

Over the past several years, it seems as if people have become more aware of addiction, overdoses and the global need for treatment.

“It’s worse than ever,” Baer said, of the drug epidemic. “There are a lot of issues people are bringing to light. But overdoses are worse, a real epidemic...and COVID made it 10 times worse. There’s more of a need than ever for treatment. Yes, it’s easier for people to come out and say they have a problem, but the problem is worse now than it’s ever been.”

Kent said people are definitely more than willing to help and yes, there is more awareness. But, he added, there is still a sense of stigma fo who are seeking treatment.

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“There is more treatment available, but there are also more drugs out there,” Baer added. “There are a lot of new drugs.”

Mental health is also a huge issue, one that Trainor said has become a matter of supply and demand.

“There’s not a lot of supply,” Trainor said. “There are very limited resources.”

Kent added there are very long waitlists everywhere, which is one reason Insight Recovery is working to get licensed in mental health treatment.

“For us, it’s about establishing this [center] and giving the best possible treatment for people who come here,” Kent said. “Phase two is adding in mental health as part of our overall model. Our long-term goal is growth and have satellite locations where needed.”

Trainor added the center is still growing, but it’s important that clients who come are those who want to be in treatment.

Baer added the center is open seven days a week, from 8 a.m. to 4 p.m. But it’s also open in the evenings and there’s a phone line that can be called for anyone needing help after hours.

“We want to be that point of contact for people,” Baer said. “Whether it’s during the day or at night, we want to help facilitate where they might need to go. We want to be a resource for the community. If someone has questions, we want to help them set up a treatment plan.”

Kent said all three founders have faced the challenges of addiction and treatment to reach sobriety. It’s not only how they met, but how they understand what their clients are facing.

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"We have all gone through this and come out the other side," Kent said. "We want to be that treatment resource for people. You know, I used to work construction and I never put in the energy into that that I put into this. It's a passion! We are here to help!"

For more information or a confidential assessment, call 781-653-6598 or visit insightrecoverytc.com.

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